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APPLES -- VICTORY FOOD SPECIAL

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Ruth Van Deman, Bureau of Home Economics, and Wallace Kadderly, Radio Service, U.S.D.A. Broadcast in the Department of Agriculture portion of the National Farm and Home Hour Wednesday, October 21, 1942, over stations associated with the Blue Network.

--ooOoo--

EVERETT MITCHELL: (CHICAGO) And now, Ruth Van Deman and Wallace Kadderly salute the apple, King of Fruits -- Victory Food Special from tomorrow on through Hallowe'en. We take you to Washington.

WALLACE KADDERLY: Here we are in Washington. Ruth, did you ever stop to think. . . Where would we be -- we lovers of apple pie -- without apples.

RUTH VAN DEMAN: Why, that's a very simple question. We'd be without apple pie.

KADDERLY: Without apple pie. . . Without apple dumplings, and baked apples.

VAN DEMAN: Apple turnovers, apple compote, apple pudding.

KADDERLY: Apple sauce -- with hot gingerbread.

VAN DEMAN: Applesauce cake. Apple float. Apple Brown Betty.

KADDERLY: Apple jelly -- with hot biscuits.

VAN DEMAN: Scalloped apples. Apple slump. Apple pan-dowdy.

KADDERLY: (Whatever that is.) Apple butter.

VAN DEMAN: Apple fritters. Apple up-side down cake.

KADDERLY: I can hold out as long as you can. Fried apples.

VAN DEMAN: Apples scalloped with sweetpotatoes. With cabbage. Apples fried with carrots. With onions.

KADDERLY: And, uh -- apple cider.

VAN DEMAN: Apples with baked pork chops.

KADDERLY: . . . Just plain apples, for Hallowe'en.

VAN DEMAN: You aren't running out of ideas.

KADDERLY: Oh no. I could go on and on -- but don't you want some statistics?

VAN DEMAN: I'll eat 'em up, if they're apple statistics.

KADDERLY: The crop this year is over 128 million bushels.

VAN DEMAN: Bigger than last year's.

(Over)

KADDERLY: Bigger than average. The export market is cut off. Large amounts of canned and dried apples will be sent abroad to the Army and Navy and our Allies. But since fresh apples can't be shipped -- (they take up too much room) -- we'll have millions of bushels to use here at home.

RUTH VAN DEMAN: There's a big supply -- apples are a perishable commodity -- and that's why they're a Victory Food Special, all over the country, from tomorrow on through Fallowe'en.

KADDERLY: It's our "duty" -- to see that not a single good apple goes to waste.

VAN DEMAN: We'll eat them "as is." We'll tuck them in the lunch boxes of millions of school children and war workers. We'll have plenty of apples for stewing and baking -- and apple pie.

KADDERLY: Make it apple pie with cheese.

VAN DEMAN: Melted cheese. Bake your apple pie. When it's fresh out of the oven cover the top with American cheese -- grated, or in thin slices. Put your pie back in the oven -- a very moderate oven. When the cheese melts, the pie is ready to serve. At once and immediately. . . Wallace, how did we get off the track? You were giving apple statistics, and I was planning to say that apples are chock full of "good eating."

KADDERLY: How full is "chock"? Can you define that scientific term?

VAN DEMAN: You've got me there. A true scientist would never use a word like "chock full." I should have said that apples, used abundantly, contribute to your diet a fair amount of vitamin C, and small amounts of thiamine and riboflavin.

KADDERLY: That sounds more -- scientific.

VAN DEMAN: If it's science you want -- experiments made at Beltsville, in the laboratories of the Bureau of Home Economics, show that vitamin C is concentrated in the peeling of the apple. Also, a good deal of the mineral content is near the skin. So there you have two good reasons for leaving on the bright red skin, when you make a fresh apple salad.

KADDERLY: Fresh apple salad. . .

VAN DEMAN: Yes, tart red apples with the skins left on -- chopped up, of course -- combined with chopped celery and chopped nuts.

KADDERLY: Isn't that a Waldorf" salad? (Now why didn't I think of that one when we were naming apple dishes.)

VAN DEMAN: And you might have included another salad -- diced apples and shredded cabbage. Don't make your salads too soon before dinner, or they'll lose vitamin C, and the apples may discolor.

KADDERLY: Do apples lose vitamin C, if they're cooked too long?

VAN DEMAN: Oh yes. The main point in apple cookery is to cook the fruit in as little water as possible, and not too long. Don't season the fruit too much or you'll cover up the original flavor.

But I'm really not going to turn this into a cooking lesson. Those who want recipes for apples -- with meat, with vegetables, in salads, in pastries, in desserts -- may get a copy of "Apple Recipes" from the Bureau of Home Economics.

KADDERLY: Just send your name and address to the Bureau of Home Economics, Department of Agriculture, Washington, D. C. Just ask for "Apple Recipes." There are about 30 in all -- for that delicious fruit, the apple. Victory Food Special from tomorrow on through Hallowe'en.

VAN DEMAN: And I think every homemaker knows -- when we buy Victory Food Specials we're helping fight the war -- by keeping our total food supply in balance.

KADDERLY: Thank you, Ruth Van Deman.

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